

**CURRICULUM VITAE: Sarah Silber**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sarah Silber  
**DATE OF BIRTH:** 1993-09-06  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km:	00:39:55	Cape Town ABSA run	2022
21km:	01:25	Cape Town, Winelands Half	2023
42.2km:	02:58	Cape Town, Cango	2023
50km:			
Two Oceans 56km:	04:09	Cape Town	2024
Comrades Marathon:	07:11	Durban	2024

**Best Performances 2025**

Vlakte Marathon 3 hours 7 minutes  
 Bay to Bay 2 hours 11 minutes  
 Comrades Bill Rowan 7 hours 42 minutes

**Best Performances 2024**

Comrades Silver 7 hours 11 minutes  
 Cape Town Marathon 3 hours 3 minutes  
 Winelands Half Marathon 1 hour 27 minutes

**Best Performances 2023**

Comrades Silver 7 hours 12 minutes  
 Cango Marathon, 2 hours 58, first place  
 Winelands Half, 1 hour 25, third place  
 Cape Town Marathon 3 hours  
 Two Oceans 4 hours 10 minutes

**Best Performances 2022**

Peninsula Marathon 2 hours 59 minutes  
 Two Oceans 4 hours 16 minutes  
 Comrades Bill Rowan 7 hours 54  
 Cape Town Marathon 3 hours 5 minutes  
 Blouberg Marathon 3 hours 5 minutes, 2<sup>nd</sup> place  
 Tygerberg 30km, 2 hours 10 minutes, 3<sup>rd</sup> place

**Best Performances 2021**

Cape Town Marathon 3 hours 8 minutes

